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Appendix 1

(Annex 2-Individual Action)

Individual and Family Preparedness

NP-2-1

National Plan Appendix Series

Executive Office of the President

OFFICE OF CIVIL AND DEFENSE MOBILIZATION

The National Plan Appendix series amplifies annexes to *The National Plan for Civil Defense and Defense Mobilization.* Each appendix is associated specifically with one of the National Plan annexes. This appendix supplements Annex 2, "Individual Action."

This is a revision of NP-2-1, "Individual and Family Survival Requirements," issued in November 1959. Information in this appendix was previously issued in Advisory Bulletin No. 234, "Individual and Family Survival Requirements," dated March 30, 1959, which is rescinded.

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NOVEMBER 1959
(Revised December 1960)

INDIVIDUAL AND FAMILY PREPAREDNESS

"Civil defense and defense mobilization is the responsibility of every citizen. The individual must be capable of caring for himself in an emergency and contributing to the organized community survival effort. Similarly, the family unit trains and prepares to solve its own emergency problems (including home preparedness) and to assist others in need."—*The National Plan* . . . .

Purpose

OCDM recommends that Federal, State, and local governments use all available media to inform the public of the importance of self-help, and to urge that all persons prepare for survival in emergencies. The protective actions described in this appendix are for the guidance of State and local governments in carrying out this recommendation. Publications issued to the general public will contain more detailed instructions on some of the specific subjects covered.

Planning Basis

A. The protective actions recommended for families and individuals are vital in carrying out the provisions of *The National Plan for Civil Defense and Defense Mobilization* under which all governments and citizens will operate in the event of enemy attack. Concerning the contingency of general war, the National Plan states:

"It is assumed, in the absence of international agreement, that weapons employed in an attack against the United States would be predominantly of multimegaton yield. The use of biological and chemical agents is possible. Delivery systems in the next few years would be predominantly man-operated, with a resulting probable maximum tactical warning of initial attack of 3 hours for the Nation as a whole; thereafter, delivery systems would be predominantly unmanned, with maximum tactical warning of initial attack reduced to one-half hour for the Nation as a whole. AT ANY TIME DURING THIS PERIOD, ATTACK COULD COME WITH NO TACTICAL WARNING.

"Strategic warning is a possibility."

B. In addition to the destruction of target areas by the blast and heat effects of thermonuclear weapons, radioactive fallout contamination could immobilize the citizenry for days or weeks in much of the remaining part of the Nation. The National Plan therefore states:

"Individuals and families will be prepared to exist on personal stocks of survival items in homes and shelter areas for *2 weeks* following attack."

Basic Survival Needs

A. Important survival requirements for individuals and families are: Shelter from radioactive fallout, a 2-week supply of food and water, cooking and eating utensils and equipment, fuel, clothing, bedding, first aid supplies, special medicines (if required by chronic illness), sanitation supplies and equipment, and a battery-powered radio.

B. Survival items should be stored in the home shelter, or if not there, in some convenient place where they can be quickly moved to the shelter or where selected items can be easily carried to the car in case of evacuation.

Protective Actions

For civil defense preparedness, people must:

Be Alert

The first warning, in case of attack, will probably come by radio, television, or local warning devices. Be on the alert for such a warning, particularly during periods of acute international tension.

Know the Warning Signals

Learn the warning signals and what they mean. The signals are:

1. The "ALERT" signal—a 3- to 5-minute steady blast or tone, meaning *take action as directed by local government.*

a. Tune your AM radio to a CONELRAD frequency (640 or 1240) for official directions.

b. Proceed according to your community's emergency action plan.

c. Do not use the telephone.

2. The "TAKE COVER" signal—a 3-minute warbling tone or series of short blasts meaning *take cover immediately in the best available shelter.*

a. If in a building and there is no prepared shelter, go into a basement or to an interior first-floor room and lie face down on the floor. Stay inside until you get word that you can leave safely.

b. If outdoors or in a car, go to the nearest shelter.

c. If you cannot reach a shelter, lie flat on the ground face down, or open the windows and crouch on the floor of the car.

Know the Community Plan for Emergency Action

Know the emergency plans and actions of your local government. Learn how they affect you and how you can cooperate to make them more effective. For example, learn the evacuation routes to reception areas, how radioactive fallout information is disseminated, and what to expect in billeting displaced persons.

Know Where To Get Welfare Assistance

After enemy attack, report to the nearest welfare office as soon as possible when your local authorities report that it is safe to do so. The welfare office will be the source of information concerning survivors and disaster conditions, the means for contacting friends and separated family members, and the place where you can learn how to obtain the specific assistance you may need.

Prepare a Fallout Shelter

(See Supp. "B" for the *National Policy on Shelters.*)

1. Prepare a home shelter for protection from radioactive fallout. The major requirement of such a shelter is that the top and sides be covered with enough dense material (e.g., concrete, earth) to shield the occupants from penetrating gamma radiation. Other requirements include proper entrance design, ventilation, adequate space, and sanitation facilities. Five family fallout shelters are described in the OCDM booklet, *The Family Fallout Shelter,* (MP-15).

2. If you have not already prepared a home shelter before an attack comes, you will find it difficult to improvise one that will provide sufficient protection—particularly if fallout becomes heavy in your community. An inner hallway of your home would offer some protection. A basement corner would be more effective because the earth around it would provide more shielding. To the extent that time permits (it may take an hour or more for fallout to reach your home) and dense shielding materials are readily available, you can improvise shelter in a selected area of your home. To improvise for fallout protection, stack dense shielding materials (e.g., solid concrete blocks, sandbags, bricks) around your shelter area (e.g., a basement corner), place supports across the top, and cover with dense material.

3. Lacking a prepared shelter or sufficient warning to improvise one before arrival of fallout, you should seek the best cover available. Away from your home or other buildings, you could obtain substantial protection in tunnels, mines, and some culverts, especially if the openings could be closed to exclude radioactive dust.

4. Be prepared to make a fallout shelter your home for 14 days or longer. In areas of very light fallout, shelter occupancy time may be as little as one day. In areas of heavy fallout, it may be as much as 14 days or more, but occupants probably could spend some time outside the shelter after the first few days.

Know First Aid

At lease one member of each family should take the American Red Cross First Aid course. Have a first aid kit in your shelter.

Increase Home Food Stocks

1. After a thermonuclear attack, a most difficult task of survivors will be that of obtaining food and water without overexposing themselves to fallout radiation. This fact emphasizes the importance of keeping on hand at least a 2-week supply of food and water. This supply can mean the difference between life and death. During emergencies, stored food and water should be used conservatively to prevent wasting them or exhausting them too rapidly. Your hot water heater is a good emergency source of water. If refrigerators or deepfreeze units become inoperable, the food in them should be used first. By opening them only once daily, you can keep remaining food in them from spoiling for a reasonable time. If you do not already keep a 2-week food supply in your home, increase it accordingly at once. Maintain it continuously by one of the following methods:

a. *Increased current food stock.*—This method merely means that you keep a 2-week supply of

food on hand. It is no different from the food that you normally use in preparing your daily meals. You just make sure that there is always sufficient food to last for 2 weeks by replacing the food as you use it.

b. *Shelter reserve food supply.* — This method means that you always keep a 2-week supply of food stored in your family shelter. Processed foods should be selected for storage that are precooked and can be consumed directly from the package, if necessary, either cold, or warmed if facilities permit.

These also must be rotated—i.e., used and replaced —at proper intervals to insure their usability in an emergency.

(See supp. "A", Shelter Reserve Food Supply.)

c. *Food kits and multipurpose foods*

(1) A number of companies are marketing special food kits designed to sustain one or more persons for a given number of days. The kits are readily portable, easily stored, and are advertised to have a shelf-life in excess of the food products normally in commercial channels.

(2) Specially prepared dehydrated foods, food concentrates, and multipurpose foods designed for long storage are also available commercially. Generally these products are not designed to serve as complete meals for long periods, but are used as food extenders and fortifiers. Most dehydrated and concentrated products require reconstitution by the addition of hot water.

d. *Car kits*

(1) Some people may wish to store additional emergency food, or survival kits including food, in their automobiles. Food in durable containers should be chosen, because the motion and vibration of the car can cause breakage of glass containers, tearing of wrappers, and even breaking open of packages. Also, since exposure to changing extremes of temperature and humidity would have undesirable effects on some foods, a car survival kit should contain only food items that have the longest possible shelf-life—even at the expense of sacrificing variety and a balance diet. These foods, it is emphasized, must be rotated more frequently in a car than the same items stored in a kitchen cupboard or a shelter. OCDM suggests that food supplies stored in a car be rotated two or three times a year.

(2) If you do not keep a food stock in your car, you should at least have a basic supply ready, in a separate durable container, for quick loading into the car.

Be Prepared To Evacuate—if You Live in a "Target Area"

1. If you have an automobile, keep it in good running order, keep the fuel tank at least half full, and keep the battery fully charged. Your automobile is your best means for evacuating if you are advised to do so; its radio, tuned to CONELRAD (640 or 1240), can bring you survival instructions and fallout warnings; and, with its vents and windows closed, it offers some protection from radioactive fallout while you are driving to better shelter.

2. Take with you essential survival items packed in boxes, suitcases, or other suitable containers. Take as much of the total supply as possible.

List Emergeney Aetions and Survival Items

1. When the warning sounds, every second will count toward survival. Complying with the community's emergency action plan—moving into shelter with supplies, or evacuating to a safer location—must then be automatic and immediate.

2. To act efficiently, individuals and families should prepare a list *now* of the supplies they will need and the actions they will take. Every household member should understand the list, review it frequently, and know where to find it. The following summary is a guide for preparing the list:

a. *Communications*

Obtain a battery-powered radio for use in the home shelter. Store extra batteries for it in a dry, cool place, and rotate by usage. Check it for reception through the shelter shielding material, and keep it in operational condition. In the event of nuclear attack, a shelter radio will be essential for obtaining official information on conditions outside the shelter and the advisability of leaving the shelter.

b. *Food and Water*

(1) Always keep at least a 2-week supply of food and water on hand. The minimum daily water requirement is ½ gallon per person for drinking and food preparation. In selecting foods for storage, keep in mind that a balanced diet is not so important as caloric level over an emergency period of 2 weeks. When seeking shelter or evacuating, take as much food and water as feasible with you.

(2) Water may be stored in various ways:

(a) In jugs, bottles, jars, or similar containers with tight-fitting covers. If glass is used, the water should be stored in a dark place to retard the growth of algae.

(b) In covered metal pails, drums, or tanks having protective liners or inner coatings of nontoxic materials, or in polyethylene or other containers made of nontoxic materials.

(c) In cans. Emergency drinking water is being processed and canned commercially by several firms.

(d) In an extra storage tank connected into the plumbing system.

(3) The containers described in (2) (a) and (2) (b) should be emptied, rinsed, and refilled about every 3 months — *if* inspection shows the need for it—so that the water will always be fresh and palatable.

(4) Water purification tablets should be included in the emergency supplies. Laundry bleach, however, is a satisfactory substitute.

(5) Additional water may be obtained from hot water tanks, toilet tanks, and refrigerator ice.

c. *Equipment for Cooking and Serving*

Keep the following equipment readily available: One or 2 cooking pans; disposable tableware; paper plates, cups, and napkins; measuring cup; bottle and can opener; pocket knife; matches; a small, compact cooking unit which produces a small flame and uses little oxygen from the air. Since any flame uses oxygen, foods not requiring cooking are preferable in shelters.

d. *Fuel for Warmth*

Provide emergency supplies of suitable heating material for warmth in cold weather in case regular heating facilities are disrupted. Emergency fuel supplies could be particularly valuable after the immediate emergency has passed, but before regular utility service has been restored.

e. *Clothing and Bedding*

Keep sufficient blankets and clothing on hand to provide the necessary seasonal warmth required by each person.

f. *First Aid and Medical Supplies*

(1) Maintain a first aid kit fully stocked with regular items; keep on hand adequate supplies of special medicines and equipment for the sick or chronically ill (e.g., insulin and hypodermic needles for diabetics).

(2) In a war emergency, trained medical personnel will be in great demand. You must be prepared for self-sufficiency in emergency health treatment. At least one member of each family should be trained in first aid and home care of the sick and injured. The American National Red Cross (ANRC) offers two courses, "Standard First Aid" and "Care of the Sick and Injured," in many communities. Arrangements for taking these courses should be made through the local civil defense offices or chapters of ANRC.

g. *Sanitation*

Provide sanitation supplies such as covered cans for garbage, containers with tight-fitting lids for human wastes, a receptacle that can be used as a toilet, newspapers, paper bags, paper towels, toilet tissue, clean rags, essential feminine hygiene supplies, soap or detergents, disinfectants, and insecticides.

h. *Infant Care*

For babies and small children, keep on hand a supply of the following: Special foods, (e.g., powdered formula mixture, evaporated or powdered milk, canned baby foods), baby bottles and nipples, and disposable diapers. Consider the need for storing additional water for the special care of children.

i. *Spiritual and Morale Support*

Provide a Bible and/or other appropriate religious articles; games, books, toys, and suitable amusements for children; and books, magazines, and other suitable items for adults.

j. *Tools and Miscellaneous Items*

Keep available such tools as a shovel, crowbar, axe, wrench, screwdriver, hammer, and pliers; and such miscellaneous items as candles, flashlight and batteries, clock, and calendar.

k. *Other Essential Equipment*

Citizens' radiation meters will be of value in locating that portion of the home which offers the best protection against fallout. Also, they will aid you in determining when it is safe to leave your shelter. One set of instruments (a dosimeter, simple rate meter, and a charger), which meets OCDM specifications, is now available at relatively low cost. OCDM continues to sponsor research aimed at developing even better and more inexpensive citizens' instruments.

Citizens' gas masks, when available, will help protect you from chemical and biological weapons effects.

Be Self-Reliant

1. In addition to protective actions already outlined, you should prepare to rely on your own initiative in eliminating fire hazards; rescuing yourself from entrapment in private structures and shelters; clearing debris from your premises; and maintaining law and order by cooperating with law enforcement officials.

2. If you escape adverse effects from enemy attack, or when you have successfully overcome them, report to your local government officials for assignment to emergency recovery jobs.

SHELTER RESERVE FOOD SUPPLY[1]

Select foods that store easily, keep for months without refrigeration, are easily prepared, and require little or no cooking.

Foods canned in metal and glass will stay in good condition for 6 or more months if kept in a dry place, protected from sun and dust, and kept at a fairly cool temperature—preferably not above 70° F. or below freezing. To keep food in paper boxes as long as 6 months, place them in tightly closed metal cans or cabinets and store them under the dry, cool, clean conditions specified for canned foods, so that rodents and insects are not likely to attack them.

It is good practice to rotate foods in cans at least once or twice a year and foods in paper boxes (without added protection) at least every 3 months. This will ensure having a reserve supply of food that is good-tasting. As food on the reserve shelf is used for meals for unexpected company and the family, replace it, putting the older stocks in front of the new supply.

If required, include special milk or strained, chopped, or other special foods for infants, toddlers, older persons, diabetics, invalids, and others on a special diet.

Cans and jars in sizes which will meet family needs for only one meal each are best for meat, poultry, fish, vegetables, fruit, evaporated milk, and other foods which deteriorate rapidly, unless refrigerated, after the container is opened. This also helps to eliminate the problem of leftovers.

The quantities of food shown on the attached "Guide For Shelter Reserve Food Supply" are sufficient for one adult for 2 weeks. Choose the kinds of food that fit the needs and preferences of family members. If the family consists of four adults with moderate food needs, store four times the amount of food suggested in the guide. Teenagers may need as much or more food and young children may need less food than the amounts given in the guide.

[1] Prepared by the Institute of Home Economics, U. S. Department of Agriculture

TABLE 1—*Guide for shelter reserve food supply*

Kind of food	Need per person		Remarks
	Daily	*2 weeks*	
1. Milk	Equivalent of 2 glasses (fluid)	Equivalent of 7 qts. (fluid)	Each of the following is about the equivalent of one quart of fluid milk: Three 6-oz. cans of evaporated milk. One 14½ oz. can of evaporated milk. Three to 3½ ozs. of nonfat dry milk.
2. Canned meat, poultry, fish, dry beans, and peas	2 servings	28 servings (about 8 to 9 lbs.)	Amounts required for one serving of each food are as follows: Canned meat, poultry, fish—2 to 3 ozs. Canned mixtures of meat, poultry, or fish with vegetables, rice, macaroni, spaghetti, noodles, or dry beans—8 ozs. Thick soups containing meat, poultry, fish, or dry beans or peas—one-half of a 10½-oz. can (condensed).
3. Fruits and vegetables	3 to 4 servings	42 to 56 servings (about 21 lbs. canned)	Amounts required for one serving of each food are as follows: Canned juices—4 to 6 ozs., single strength. Canned fruit and vegetables—4 ozs. Dried fruit—1½ ozs.
4. Cereals and baked goods	3 to 4 servings	42 to 56 servings (about 5 to 7 lbs.)	Amounts required for one serving of each food are as follows (selection depends on extent of cooking possible): Cereal: Ready-to-eat, puffed—½ oz. Ready-to-eat, flaked—¾ oz. Other ready-to-eat and uncooked—1 oz. Crackers, cookies—1 oz. Canned bread, steamed puddings, and cake—1 to 2 ozs. Flour, flour mixes—1 oz. Macaroni, spaghetti, noodles: Dry—¾ oz. Cooked, canned—6 ozs.
5. Spreads for bread and crackers	According to family practices		Examples: Cheese spreads. Peanut and other nut butters. Jam, jelly, marmalade, preserves. Sirup, honey. Apple and other fruit butters. Relish, catsup, mustard.
6. Hydrogenated fats and vegetable oils		Up to 1 lb. or 1 pt.	Amount needed depends upon extent of cooking possible.

TABLE 1—*Guide for shelter reserve food supply—Continued*

Kind of food	Need per person		Remarks
	Daily	*2 weeks*	
7. Sugars, candy, nuts, instant puddings		1 to 2 lbs.	
8. Miscellaneous	According to family practices		Examples (amount needed depends on extent of cooking possible): Coffee, tea, cocoa. Instant, dry cream substitute. Bouillon products. Synthetic beverage products. Salt and spices (e.g., pepper). Flavoring extracts, vinegar. Soda, baking powder.
9. Water	1/2 gal.	7 gals.	

By direction of The President, the National Policy on Shelters was announced on May 7, 1958, by the Director, Office of Civil and Defense Mobilization.

The text of the policy statement follows.

NATIONAL POLICY ON SHELTERS

The Administration has conducted exhaustive studies and tests with respect to protective measures to safeguard our citizens against the effects of nuclear weapons. These several analyses have indicated that there is a great potential for the saving of life by fallout shelters. In the event of nuclear attack on this country, fallout shelters offer the best single nonmilitary defense measure for the protection of the greatest number of our people.

Furthermore, a nation with adequate fallout protection is a nation which would be more difficult to successfully attack. This fact alone would substantially lessen the temptation of an aggressor to launch an attack.

The Administration's national civil defense policy, which now includes planning for the movement of people from target areas if time permits, will now also include the use of shelters to provide protection from radioactive fallout.

To implement this established policy, the Administration will undertake the following action:

1. Bring to every American all of the facts as to the possible effects of nuclear attack, and inform him of the steps which he and his State and local governments can take to minimize such effects.

The present civil defense programs for information and education will therefore be substantially expanded in order to acquaint the people with the fallout hazard and how to effectively overcome it. The public education program will include information on:

(a) Nuclear weapons effects on people, plants, and animals;

(b) The provision of effective fallout protection, how to construct a fallout shelter, and how to improvise effective shelter;

(c) Necessary measures for the protection of food and water;

(d) How to carry out radiological decontamination; and

(e) What governments—Federal, State, and local —are themselves doing about fallout protection.

2. Initiate a survey of existing structures on a sampling basis, in order to assemble definite information on the capabilities of existing structures to provide fallout shelter, particularly in larger cities.

Many facilities, such as existing buildings, mines, subways, tunnels, cyclone cellars, etc., already afford some fallout protection. Action will be taken to accurately determine the protection afforded by all such facilities in order to make maximum use of them.

3. Accelerate research in order to show how fallout shelters may be incorporated in existing, as well as in new, buildings—whether in homes, other private buildings, or governmental structures. Designs of shelters will be perfected to assure the most economic and effective types.

4. Construct a limited number of prototype shelters of various kinds, suitable to different geographical and climatic areas. These will be tested by actual occupancy by differing numbers of people for realistic periods of time. They will also have practical peacetime uses. Some of the prototype structures will be incorporated in:

(a) Underground parking garages.

(b) Understreet shelters.

(c) Subways.

(d) The Federal highway program—patrol and maintenance facilities.

(e) Additions to existing schools and new schools, including such facilities as cafeterias, assembly space, and classrooms.

(f) Additions to existing hospitals and new hospitals, including such facilities as cafeterias, visitors' and convalescent rooms, and reserve areas.

(g) Industrial plants.

(h) Commercial buildings.

(i) Family residences and apartments, including such facilities as bathrooms, garages, basements, and recreation rooms.

5. Provide leadership and example by incorporating fallout shelters in appropriate new Federal buildings hereafter designed for civilian use.

6. Provide leadership and example by incorporating fallout shelter in appropriate existing Federal buildings now used for civilian purposes.

Federal example is an indispensable element to stimulate State, local government, and private investment for fallout shelters. Community use of shelters in these new and existing buildings is contemplated.

There will be no massive federally financed shelter construction program.

With reference to blast shelters there are still difficult questions, having to do with the amount of time that would be available to enter the shelters, the uncertainty of missile accuracy, and the effectiveness of our active defense. There is no assurance that even the deepest shelter would give protection to a sufficient number of people to justify the cost. In addition, there may not be sufficient warning time in view of the development of missile capabilities to permit the effective use of blast shelters.

Our chief deterrent to war will continue to be our active military capability. Our active military defense may eventually have the capability of effectively preventing an enemy from striking intended targets. Highest priority is to be given to the development of this capability.

Common prudence requires that the Federal Government take steps to assist each American to prepare himself—as he would through insurance—against any disaster to meet a possible—although unwanted—eventuality. The national shelter policy is founded upon this principle.

This approach will provide the stimulation necessary for the American people to make preparations for fallout protection. The Federal Government will also work with State and local governments and with private industries to expedite and facilitate the provision of fallout shelter.

The Administration believes that when the American people fully understand the problem that confronts them, they will rise to meet the challenge, as they have invariably done in the past. This is particularly true now that the national policy has been declared, backed up with Federal example, Federal leadership, and Federal guidance. The President has directed me to put this policy into effect.

Protection of our people is not new in the United States. When a free America was being built by our forebears, every log cabin and every dwelling had a dual purpose—namely, a home and a fortress. Today, the citizen should be called upon to make the same contribution as our forebears—not for building a free America, but for sustaining a free America.

☆ U.S. GOVERNMENT PRINTING OFFICE: 1961 O - 582986

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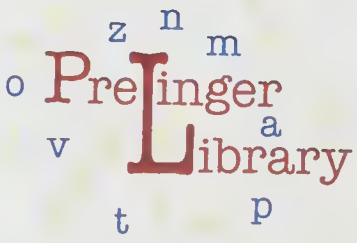

San Francisco, California
2008

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